

Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Race Place
1	0:59:16	GARDINER, Richard	Cardiff A.A.C.	Senior Man	05:55.5	49	1
2	1:01:36	LEWIS, Dan	Fairwater Runners	Senior Man	06:09.5	25	2
3	1:02:21	GURMIN, Daniel	Swansea Harriers	Senior Man	06:14.0	67	3
4	1:02:33	CREES, Stuart	Les Croupiers	Senior Man	06:15.2	47	4
5	1:03:48	THOMAS, Stephen	Islwyn Running Club	Male Vet	06:22.7	6	5
6	1:05:15	SIMMS, Stefan	Griffithstown Harriers	Male Vet	06:31.4	7	6
7	1:05:51	GURMIN, Matthew	Swansea Harriers	Senior Man	06:35.0	66	7
8	1:06:05	WELLS, Matthew	Brackla Harriers	Senior Man	06:36.4	31	8
9	1:06:39	TAYLOR, Sean	Griffithstown Harriers	Senior Man	06:39.8	54	9
10	1:08:01	WOODS, Adrian	Griffithstown Harriers	Male Vet	06:48.0	78	10
11	1:08:13	HARTNELL, Haydn	Islwyn Running Club	Male Vet	06:49.2	53	11
12	1:09:19	SPEYER, Paul	Brackla Harriers	Senior Man	06:55.8	59	12
13	1:10:06	DAVIES, Steve	Griffithstown Harriers	Male Supervet	07:00.5	51	13
14	1:10:39	SELF, Richard	Les Croupiers	Male Vet	07:03.8	55	14
15	1:11:04	LEWIS, Grant	Fairwater Runners	Senior Man	07:06.3	24	15
16	1:11:25	WILLIAMS, Alun	Fairwater Runners	Male Vet	07:08.4	22	16
17	1:12:09	HARRIS, Paul	Llswerry Runners	Male Vet	07:12.8	37	17
18	1:13:32	DAVIES, Chris	Islwyn Running Club	Senior Man	07:21.1	36	18
19	1:13:49	CAVENEY, Terry		Male Supervet	07:22.8	13	19
20	1:14:39	DOBBS, Russell	Islwyn Running Club	Senior Man	07:27.8	39	20
21	1:15:12	SANSOM, Glyn	San Dominico	Male Vet	07:31.1	68	21
22	1:15:22	O'DUFFY, Libby	Les Croupiers	Female Vet	07:32.1	40	22
23	1:15:41	BIRCH, Sean	Islwyn Running Club	Male Vet	07:34.0	46	23
24	1:16:02	DIFFEY, John	Les Croupiers	Male Vet	07:36.1	50	24
25	1:16:09	CREED, Matt	Llswerry Runners	Senior Man	07:36.8	69	25
26	1:17:04	MORGAN, John	Brackla Harriers	Male Vet	07:42.3	58	26
27	1:17:10	WELLS, Charlotte	Brackla Harriers	Senior Female	07:42.9	30	27
28	1:17:55	OSMOND, Clive	Les Croupiers	Male Supervet	07:47.4	16	28
29	1:18:25	DALLIMORE, Nick	Les Croupiers	Male Supervet	07:50.4	10	29
30	1:18:39	THOMAS, P	Brackla Harriers	Male Vet	07:51.8	26	30
31	1:18:41	OGILVIE, Ian	Brackla Harriers	Male Vet	07:52.0	60	31
32	1:20:13	SMOUT, David	Parc Bryn Bach Runners	Male Supervet	08:01.2	41	32
33	1:20:47	PARKER, Neill	Islwyn Running Club	Male Vet	08:04.6	72	33
34	1:21:17	HUDGELL, Cheryl	Les Croupiers	Senior Female	08:07.6	43	34
35	1:21:22	DAVIES, Michael	Les Croupiers	Male Supervet	08:08.1	14	35
36	1:21:47	WILLIAMS, Jonathan	Fairwater Runners	Male Vet	08:10.6	34	36
37	1:22:47	JONES, Mike		Male Vet	08:16.6	17	37
38	1:23:37	PRICE, Kerry	Islwyn Running Club	Male Supervet	08:21.6	71	38
39	1:23:59	WOODS, Sharon	Griffithstown Harriers	Female Supervet	08:23.8	77	39
40	1:24:19	O'SULLIVAN, Tim	Les Croupiers	Male Supervet	08:25.8	18	40
41	1:24:33	JONES, Rhian-Jinny		Senior Female	08:27.2	45	41
42	1:24:43	MASON, Howard	Caerleon R.C.	Male Vet	08:28.2	70	42
43	1:24:49	GWILLIAM, Adrian	Fairwater Runners	Male Vet	08:28.8	35	43
44	1:24:56	SCHOLEY, Julie	Les Croupiers	Female Supervet	08:29.5	42	44
45	1:26:34	HARMES, Paul		Male Vet	08:39.3	4	45
46	1:26:40	ASTON, Liz	Les Croupiers	Senior Female	08:39.9	19	46
47	1:26:59	ASTON, Jeff	Les Croupiers	Male Supervet	08:41.8	12	47
48	1:27:08	DANIELS, Peta	Llswerry Runners	Female Vet	08:42.7	38	48
49	1:27:14	DALLIMORE, Caroline	Les Croupiers	Female Supervet	08:43.3	9	49
50	1:28:53	PAYNE, Emily		Senior Female	08:53.2	1	50
51	1:28:53	PAYNE, George		Senior Man	08:53.2	2	51
52	1:29:52	MORGAN, Hywel		Senior Man	08:59.1	62	52
53	1:30:00	DAVIES, Jeff		Male Vet	08:59.9	11	53
54	1:30:00	DONNAN, Graeme	Les Croupiers	Male Supervet	08:59.9	15	54
55	1:30:33	WILLIAMS, Clare		Female Vet	09:03.2	61	55
56	1:30:37	JONES, Allan	Brackla Harriers	Male Supervet	09:03.6	23	56
57	1:30:51	ATTWOOD, Howard	Llswerry Runners	Male Supervet	09:05.0	32	57

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58	1:31:28	HOBBS, James		Male Vet	09:08.7	5	58
59	1:32:12	HART, Robert		Male Vet	09:13.1	48	59
60	1:33:20	EDWARDS, Tracy	Rhonnda Valley Runners	Female Vet	09:19.9	56	60
61	1:33:27	BIRD, Tom	Lliswerry Runners	Male Vet	09:20.6	28	61
62	1:33:27	BRAN, Alun	Les Croupiers	Senior Man	09:20.6	74	62
63	1:33:48	WILLIAMS, Alun	Les Croupiers	Senior Man	09:22.7	76	63
64	1:33:51	STENALT, Sara	Les Croupiers	Female Vet	09:23.0	20	64
65	1:34:58	WATSON, Bob		Male Vet	09:29.6	44	65
66	1:38:31	DAVIES, Hywel	Islwyn Running Club	Senior Man	09:50.9	63	66
67	1:39:13	MCCUE, Gillian	Les Croupiers	Senior Female	09:55.1	79	67
68	1:39:42	AUSTERBERRY, Judith		Female Vet	09:58.0	3	68
69	1:39:43	MCCALL, Allan		Male Vet	09:58.1	27	69
70	1:42:30	DONOVAN, Martin	Lliswerry Runners	Male Supervet	10:14.8	57	70
71	1:44:00	HISCOX, Ian		Male Supervet	10:23.8	8	71
72	1:47:43	FORSEY, Yvonne	Lliswerry Runners	Female Supervet	10:46.1	33	72
73	1:48:08	LEWIS, Julie	Islwyn Running Club	Female Vet	10:48.6	52	73
74	1:50:07	JONES, Patricia	Brackla Harriers	Female Supervet	11:00.5	29	74
75	1:51:25	LEWIS, Helen	Islwyn Running Club	Senior Female	11:08.3	65	75
76	1:51:25	WAITE, Kelly	Islwyn Running Club	Senior Female	11:08.3	64	76
77	1:53:18	REES, Wendy	Griffithstown Harriers	Female Supervet	11:19.6	73	77
78	1:56:10	HOWELLS, Gwyneth	Caerleon R.C.	Female Supervet	11:36.8	21	78
79	2:02:34	HAVELOT, Tracey	Griffithstown Harriers	Female Vet	12:15.2	75	79

There were 79 finishers in the All Competitors category.